[redacted]

Tosspot, July 2014

Lady Anne Morley <chronicler@unserhafen.org>
Reply-To: Lady Anne Morley <chronicler@unserhafen.org>
To: [redacted]

Thu, Jul 31, 2014 at 3:42 PM

the tosspot

The Barony of Unser Hafen July 2014

BARONIAL CALENDAR

August 3 - **Quarterly Populace Revel**, 2:00 - 6:00, Lady Cecilia's house, 1905 North County Road 23, Bellvue. The space is a beautiful valley shaded by trees, often with a light breeze. It will include tournaments in Rapier, Heavy and Archery, a discussion group about Service, the Craftsman's Guild will be teaching and working on leather working.

Bring your archery equipment, foam swords and regular gear for fighter practice for heavies and rapier. Also bring a chair. Water will be provided. Bring food for your family and, if possible, to share. The Baronial paper products and tables will be available. Be sure to bring bug repellant in case the day is absolutely still. And don't forget your musical instruments...

Directions:

From the south:

Scenic Route:

Get to Overland Trail and Drake. Go north on Drake to Dixon Canyon Road (42C) that climbs up to the scenic drive north and around Horsetooth Reservoir. Dixon Canyon Road turns into NCR 23. From Drake/Dixon Canyon Road to Lady Cecilia's place is 6 miles. There will be an opening in the fence with orange cones on the fence pots which is the entrance. You can park up by the road, or drive down by the trees.

Normal Route:
Get to Overland Trail and go north to Bingham Hill Road. Turn left (North) on Bingham Hill and go over the hill. Bingham Hill Road ends at NCR 23. From that 'T' go south 0.9 miles. Just past the second house by the road on NCR 23 will be an opening in the fence with orange cones on the fence pots which is the entrance. You can park up by the road, or drive down by the trees.

From the north:
From Vern's Place on old Highway 287 take Rist Canyon Road to Bellvue and turn south on NRC 23. Go south on NCR 23 1.2 miles. There will be an opening in the fence with orange cones on the fence pots which is the entrance. You can park up by the road, or drive down by the trees.

August 9 - Scribal Calligraphy Gathering, 1:00 - 4:00 at Wellmark, 3601 El Caminito Court, Loveland. We will focus on learning new scripts, but anything scribal will work!

October 18 - Newcomer's. Sir Alexander, Event Steward. Details to come.

KINGDOM EVENTS

August 2014		
2	Barony of Dragonsspine	Dragonsspine Investiture and Champions Tournament
9	Barony of al-Barran	Southern Region A&S Collegium
9	Canton of Hawks Hollow	St. Sebastian`s
15-18	Barony of Dragonsspine	Crown
27-1	Kingdom of the Outlands	Battlemoor
29-1	Kingdom of Northshield	Known World Bardic Congress and Cooks Collegium
September 2014		
5-7	Canton of Hawks Hollow	DEMO - Longs Peak Scottish/Irish Festival
6	Shire of Bryngolau	Mountain Pas & Highland Games
11-14	Barony of Caerthe	Academy of Grace and Valor II

12-14	Shire of Nahrun Kabirun	Clan Wars
20-21	Shire of Drygestan	Santa Fe Ren Fair DEMO
26-28	Barony of al-Barran	al-Barran Champions
October 2014		
4	Shire of Aarquelle	Aarquelle Defender
11	Barony of al-Barran	Sworded Affair
25	Barony of Caerthe	Just Desserts
November 2014		
8	Shire of Bryngolau	Coronation
15	Barony of al-Barran	Day of A&S
15	Barony of Caer Galen	Toys for Tots
December 2014		
6	Shire of Windkeep	Hunters Feast
13	Barony of Caer Galen	Caer Galen Midwinter

Coming up this weekend:

Dragonsspine Champions and Investiture

August 2, 2014
Homestead Ranch Park
16444 Gollihar Road
Peyton, CO 80831
9am to 5pm
Site is dry!! No Glass!!! No Fires!!!

Site fee: $5 adult (16 and older); $0 child (15 and younger); $5 non-member surcharge will apply.
Please make checks payable to "SCA- Dragonsspine"

Event Steward: Kiara Loftus (Therese Hofheins) kiara.loftus@yahoo.com 719-494-7756
and Gianni Sangermano (Jason Sangermano) giannisangermano@yahoo.com

On August 2, A.S. 40 (2014) the Barony of Dragonsspine will wish Baron Herbert and Baroness Keterlyn a fond fair well as they move on to new adventures and welcome

the Broddi hornabrjotr and Mael Mide ingen Domnaill as the next Baron and Baroness of Dragonsspine. The new Baron and Baroness will have the pleasure of watching their fighters vie for the honor of Baronial Warlord (heavy weapons), Baronial Defender (rapier), and the Shield of Honor (most chivalry and honor on the field). Bring your sunscreen, water and a picnic lunch for a fun filled and exciting day in the park. Please be aware that the closest food is 10 miles away!

Schedule for August 2, 2014

9:00am Site opens
10:00 am Court/investiture
12:00 noon Lists open
12:30pm Warlord Tournament
2:00pm Defender Tournament
4:00pm Evening Court

Site is dry!! No Glass!!! No Fires!!!

Directions to Homestead Ranch Park:
Take best route to I-25 toward Colorado Springs, CO. Take the Woodmen Road exit 149, turn East on Woodmen Road. Follow Woodman for about 13 miles to Highway 24. Turn North (left) on Highway 24. Follow Highway 24 for 5 miles to Elbert Road. Turn left onto Elbert Road. Follow Elbert Road for 5 miles, make a sharp right onto Sweet Road. Stay on Sweet Road for about 2 miles. Turn left onto Gollihar Road. The park will be at the end of Gollihar Road.

Announcements:

Subscription to the Tosspot: if your name needs to be corrected, or to unsubscribe from this newsletter, please email Lady Anne Morley at chronicler@unserhafen.org.

Fighter Practice had become **Althing** and will include Arts and Sciences activities, music, dancing, and socialising throughout the summer. Sundays, 2:00 - 6:00, Warren Park at the corner of Lemay and Horsetooth, Fort Collins.

Apple Cider: It looks like we will be having lots of apples to press into cider this year at the de Kari's Workshop. Mark the calendar to help in early September. Bring an empty jug and an airlock

and take home on full of apple cider!! Any questions should be directed to either Baron William or Lady EllaAnne.

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GUILDS, ACTIVITIES, GATHERINGS

Archery Practice: See the Unser Hafen Populace Facebook page for Unser Hafen Archers at: Unser Hafen Archers. Contact Lord Thomas Marston, 360.865.7360

Archery Practice in Bofharrach: Contact His Excellency Rand the Tracker, Baro of Unser Hafen, baron@unserhafen.org.

Artisan's Day: A gathering of artisans in the Barony. Coordinated by THL EllaAnne de Kari, ellaanne.dekari@gmail.com

Baronial Business Meetings: Third Friday of every month, Perkins Restaurant at Crossroads, dinner at 6:00, meeting 7:00 – 9:00. Contact seneschal@unserhafen.org. For carpooling from Ft. Collins contact EllaAnne de Kari at ellaanne.dekari@gmail.com. From Loveland contact Anne Morley at chronicler@unserhafen.org.

Baronial Populace Gatherings: Quarterly. Contact seneschal@unserhafen.org.

Boffharrach Officer's Meetings: Last Friday of each month, Perkins Restaurant meeting room, 227 Greeley Mall. Contact Lord Nicolaau Machado, bofharrach_seneschal@unserhafen.org

Boffharach Populace Gathering: First Friday of each month, locattion to be announced each month. Contact Contact Lord Nicolaau Machado, bofharrach_seneschal@unserhafen.org

Blacksmithing & Bowyer's Guild: Contact Master Thorfinn Greybeard, 970.667.1284

Brewer, Vintners & Cordials Guild: Contact Master Thorfinn Greybeard, 970.667.1284

Cantores Lupini: Contact Lady Danielle de la Rochelle, mol@unserhafen.org

Chandler's Guild: Contact Lord Liam MacMillan, 970.622.0132, bill.colby@comcast.net

Equestrian Practice: Contact Lady Cecelia O'Connor, 970.420.6652

Althing: Fighter Practice and Populace Gathering. 2:00 pm, Sunday afternoons at Warren Park, Fort Collins.

The Worshipful Company of Leathercrafters: Contact Lady Cecelia O'Connor, 970.420.6652

Facebook Website

Coronation

Spring, 2014

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Coronation Event Report

By

EllaAnne, Event Steward

Unser Hafen hosted the Outlands Spring Coronation on May 10 and 11th, 2014.
Coronation court on Saturday was held at the I.O.O.F Lodge in downtown Loveland. The plan for

Sunday's events was moved indoors to Sir Flanagan's TASC space in North Caerthe because of a late Spring snow storm.

By the numbers:
Net Profit: $2595; Tithe to Kingdom $1047; net to Unser Hafen $1548.
Attendees: 270; including 36 non-members. Those who stayed for feast; 100; feast cost $645 and brought in $795. Sunday tournaments at TASC attracted about 100 fighters, fencers, and spectators. Gate brought in $4,405 of which $1500 was pre-paid site reservations; Site costs for Saturday and Sunday totaled $900. The donation lunch brought in $500.00 at a cost of $205. Site tokens cost $67 for materials; general supplies cost $57.
The silent auction for the Kingdom travel fund brought in about $946.

Special thanks to ALL in Unser Hafen and the Northern Outlands who gave their time and energy to make this event run smoothly, including:

- Master Thorfinn, Saddiyah Khalidah, and Mistress Agnes for running gate.
- HE Meadbhb and Baroness Helene for taking care of two Royal Rooms and two rooms for the Landed Nobles.
- Baroness Helene and Smiling Bull for site decorations and feast help.
- Mistress Aldyth, Sir Rhys and crew, of Windkeep, for a fantastic feast.
- Sir Flanagan and Countess Drahomira, of Caerthe, for being such a gracious hosts on that snowy Sunday
- THLady Rosamonde, Lord Val, and Lady Gwenhwyvar, of Windkeep, for running the donation lunch -- which was a fantastic spread of different foods. Mistress Briatiz, of Caer Galen, for bringing the leftovers from Master Garrick's vigil held the night before; Mistress Meriel for bringing cheese and cornbread muffins, and Mistress Therese for bringing dozens of muffins for the Sunday brunch.
- Lady Elyse for coordinating an A&S display.
- Countess Rosalind for creating a beautiful head table, taking care of the coffee/tea/drinks table, and for making three large Outlands Populace banners to decorate the site
- Baron William for coordinating site set up and tear down.
- THL Soren for providing court dancing in the afternoon.
- Baron William and Countess Maude for making coins for tokens and for largess for Their Majesties.
- Cantores Lupini for singing before court.
- Lady Alexandra for coordinating crash space
- Countess Rosalind for making three large Outlands Populace banners for the Great Hall were court was held.
- Mistress Merial for contributing food to the donation lunch and the Sunday brunch.
- Sir Alexander for being the liaison for the Sunday tournaments.
- Master Garwed for sharing his miniature castle.
- Lady Guene, Lord Jacob, and many others for jumping into help with clean up.

Thank you!
EllaAnne

Brewer's Feast

Report by Laird Ruadrí MacBatín

First and foremost, I would like to thank the Canton of Bofharrach and the many people that came together to create our wonderful event, most notably Lady Gabrielle, Her Excellency Helene, m'Lord Thomas, Lady Elyse, Lady Saffiya, and m'Lady Meryelle. We had a wonderful day of classes about the brewing universe and everyone, including myself, walked away with something to start in their own kitchen. This event was about the social interaction of the SCA and we achieved just that. Syr Bjarki, Master Farin, and Lord Colban (just to name a few) were spotted buzzing about sharing their wares and many others were meeting new people. The feast was plentiful and delicious. Never before have I had such a feast, and many were the comments that one had to be "rolled" out to their carriage. What a fantastic day.

Thank you!

Ruadri

July Althing Photos

Kingdom of the Outlands - Warrior Games

Games and sport were used in period to prepare warriors for battle. One such game was the game of tag. Warrior games is a tag based game using padded equipment. Each local group can adapt the game to their needs.

Equipment

• Equipment- The group should look at other LARP and Foam Fighting group's equipment and decide what will work for their group as far as spears, swords, shields, javelins, archery, axes etc. These groups have many tutorials online on how to build this equipment. Weapons should always be tested and checked.

• Garb- It is recommended that folks where garb to further enhance the ambiance of the game.

• If the head is a target, then a helm, rapier mask or some other form of head protection should be used. The group can decide on other protection as needed such as throat and groin protection etc.

• Age restrictions- All participants should have their appropriate waivers signed. Age restrictions shall be determined by the group. Fourteen and above and below are recommend age groups.

Rules: Before a session of play the rules should be decided on.

• Determine target areas- This could be heavy or rapier target areas or some variation.

• Determine blow force- The group can decide if they would like touch, or have a solid blow or variation for force.

• Tagging from behind- The group can use Heavy and Rapier conventions, a light tap to the back or variation.

• Rules of the scenario. A group can use traditional SCA scenario's, explore the variety of game scenarios that many of the LARP groups play, or create their own.

If played properly, this game can create community between your Heavies, Rapier, Archery and any other communities. It can be a fun warm up, alternative on a hot day, introduction to the SCA, or quest scenario. The sky is the limit, but remember, "Safety First."

For more information please contact Sir Alexander dhildman@gmail.com 970-310-7778

THE COURT OF UNSER HAFEN

His Excellency

Baro Tracker

baron@unserhafen.org

Her Excellency

Barono Meadhbh Daingen int Slebhe

baroness@unserhafen.org

Court Stewards - Clan MacColla
Court Herald - Sir Felix Sniumi
Largesse Coordinator - Mistress Rosalind
& THL EllaAnne deKari
Defender - Sir Felix Sniumi
Protector - Don Tristan Grey
Warden - Master Daffyd of Emmett
Equerry - M'Lady Tracy
Arts & Sciences Champion - Lady Anne Elizabeth Morley
Pencerdd Bard - Lady Danielle de la Rochelle
Baronial Guard - Lord Ekkehardt, THL Kolgrimm Olafsson, M'Lord Morgan of Dragonsspine, Lord Fredrick of Long
Ladies in Waiting - Lady Danielle de la Rochelle, Lady Jennifer

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LETTER FROM THE BARO AND BARONO OF UNSER HAFEN

Our Greetings to the Populace of Unser Hafen

The past few months have been incredibly exciting!!

Outlands Coronation was a big hit, thanks to EllaAnne and her support staff. Many compliments were passed along from all over the Kingdom. It was a lovely ceremony in a lovely venue. Congratulations to all Unser Hafen recipients of awards from their Majesties.

Crossroads hosted Our Champions events. Congratulations to Sir Felix, our new Defender; Don Tristan, our new Protector; M'Lady Tracy, our new Equerry; Master Daffyd, our new Warden and to our newest Guardsman, M'Lord Morgan. We had so much fun watching the tournaments! Everyone was fantastic.

The month of June saw Us visiting the Barony of Caer Galen to celebrate the Investiture of Matilda and Anne, the new Territorial Baronesses. And this weekend, Baro Tracker is visiting the Shire of Platfordham's "Here There Be Dragons."

August sees us busy again. Dragonsspine will be celebrating Their Investiture and, later, hosting the next Crown Tournament. The Canton of Hawks Hollow will be holding their St. Sebastian's archery tournament.

Which brings Us to Battlemoor. The Barony of Unser Hafen will have an encampment and a food plan. We invite Our Populace to join us so that we may all activities of Battlemoor together. There is something for everyone at Battlemoor!

Finally, We would like to thank everyone who has volunteered for Officer's Positions in Unser Hafen. It can be hard work, but very rewarding!!

Looking forward to spending more time with you all.

Yours in Service,
Tracker and Meadhbh
Baro and Barono

Greetings from the Seneschal,

I hope this message finds you well and happy! I'd like to take this chance to thank several of our outgoing officers, and also those who are stepping in to take over offices. Please join me in thanking these fine gentles when you next cross paths:

Lord Garret will be taking over as Unser Hafen Seneschal, replacing yours truly.
Lady Elyse is stepping up as Baronial Exchequer, replacing Master Thorfinn.
Lady Anne has taken over as Unser Hafen Chronicler, replacing the Honorable Lady EllaAnne.
Lady Rosamonde is taking over as the baronial Arts and Sciences minister, replacing Lady Elyse.
Also, thanks as well to Sir Alexander and Lord Thomas for recently taking over the Knight Marshal and Captain of Archers offices, respectively.

With this many people with new and fresh ideas for our officer corps, I look forward to some fun and exciting times ahead! Please give them all as much support in their new offices and you can.

Yours in service,
William

Greetings to Unser Hafen!

Hospitlar and Rapeir Marshal here! And Battlemoor is around the corner. If you are a new player and planning to go and fight, it's time to authorize. Talk to your marshal, ASAP, and marshals please check with your fighters to see who needs to authorize. Few things are as annoying as going to an event and not being able to play as much as you planned.
For those unaware, Sir Alexander and others are working to make Unser Hafen Sunday gatherings far more interesting than a standard fighter practice. The newly renamed Althing Sundays are drawing loads of new players, so please come join and bring your know-how and enthusiasm! Wear new garb and shinies you've made, and bring projects you're working on or musical instruments to play. The Althings so far have already generated new ideas and crossovers of interests, so come and join in!

In the area we also have new projects for long time players; there are tentative plans in the works for September (Yes, after Battlemoor) for both a demo on CSU and some railroad spike and scrap metal blacksmithing days. If you would like to join in, or if you would like to hold a gathering of your own on any subject or interest, let any of the officers know!

Hope to be seeing you all soon, take care and play hard!

From the Webminister

The Unser Hafen website will be under revision for the next 30 days or so -- with the new site being uncluttered and easy to navigate, whether you are a newcomer or a long time user. Lady Anne, Lady Allie, Sir Alexander and I have been working on the revisions and hope to start putting them into effect soon. In the meantime, your patience will be appreciated! You may notice that the site looks slightly different. That is the result of the Kingdom migrating over to a new server this past spring. You may also find that the site has some out-of-date information. Please bear with us, as that will all be fixed with our revisions.

Your in service,
EllaAnne deKari
Webminister

From the Chronicler

Greetings, revered Populace of Unser Hafen! I hope that you have not only taken note of the new Tosspot format, but have taken the time to read it! Just as the website, the Tosspot is a work in progress. If you have suggestions or desires to give me, or articles and/or photos to include, please send them to me at chronicler@unserhafen.org.

Your in service,
Anne Elizabeth Morley

To the archers in Unser Hafen;

I am sorry for no practice scheduling in July. The move to Laramie took my extra cash. I will have loaner gear at the populace gathering 3 August at 1905 NCR 23, Bellvue, 80512 which is scheduled to start at 2 PM. I also hope to see some of you shooting at Battlemoor.

In service to the Baron and Baroness

Thomas Marston (aka Ronald Whittaker) Capt. of the Archers

Trepanning from the Insider's Point of View

by
Lady Anne Elizabeth Morley

I have two holes in my head! The first was drilled behind my right ear, and was the size of a quarter. Two years later it was enlarged. This past May I had my third trephanation surgery to add a quarter-sized hole behind my left ear. These holes are for Meniérè's Disease, a problem with the inner ear causing balance problems, tinnitus and, in extreme cases, deafness. Consequently, this topic seemed particularly relevant.

Trephanation (or trepanation) comes from the Greek word *trypanon* which means 'to bore,' or 'borer.' It specifically refers to the surgical boring of holes in the skull. A piece of the skull is removed, uncovering the dura mater which is the covering of the brain. Even in the days before cleanliness, anesthetic and antibiotics, there was a good chance for patient survival. Many skulls found by archaeologists show evidence of regrowth, meaning that the subject lived for a good period of time following the surgery.

Since neither the bone nor the skull have pain receptors, the surgery was probably not as traumatic as it sounds. No doubt large amounts of alcohol were imbibed. In South America coca was probably used, while in medieval Europe poppies and nightshades may have been used.

Thought to be the most ancient surgery, trepanned skulls have been found dating back some 40,000 years in Cro-Magnon people. These holes are circular, up to two inches in diameter. The largest concentration of trepanned skulls have been found in Peru and Bolivia, dating approximately 2000 B.C.E.. These surgeries were probably performed for psychotic disorders, epilepsy, or chronic migraines. The holes allowed the demons supposedly causing these conditions to escape.

Hippocrates, c. 400 B.C.E, wrote about trephanation for head injuries to remove skull pieces which were pushing on the brain. In the first century C.E. writings refer to the use of tools similar to carpenter's drills to perform this type of surgery. Trephines, as the tools are called, have been refined through the years, from a sharp-edged flint scraper in the pre-metallurgic era all the way to the modern day electric drill for the home trephanation. (Yes, people really do it to themselves! They think that it improves the blood flow, relieves anxiety, depression, better ability to recall dreams, lessening of chronic headaches, higher energy levels and allows for a better emotional life. I cannot say that these things have been improved by the holes in my head!)

The techniques used have been:

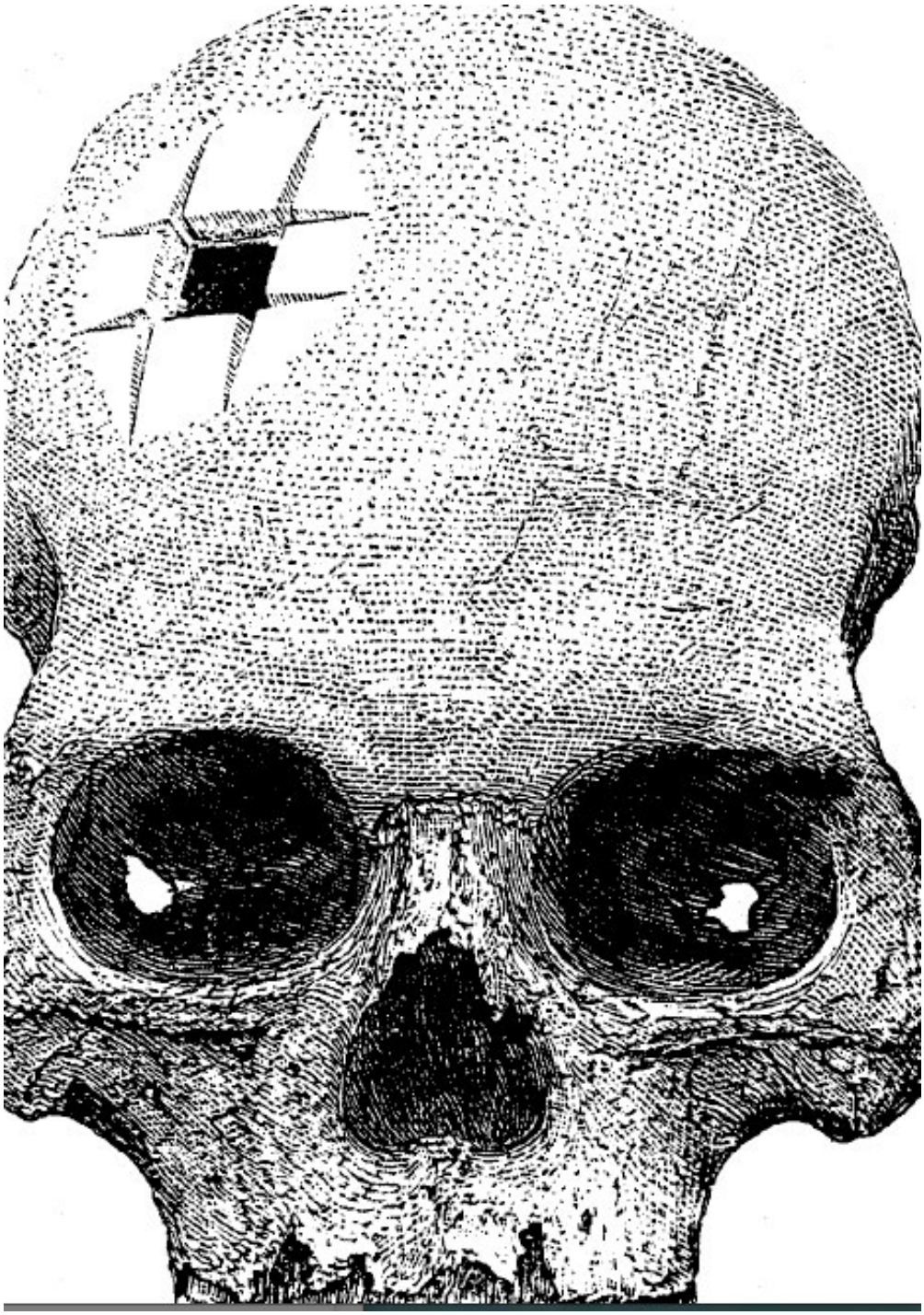
- Grooving: drilling the bone by turning a sharp tool, stone or metal, moving to different locations until a round hole is achieved.

- Scraping: scraping the bone back and forth with a sharp stone tool until the dura mater is exposed.

- Boring: using a drill or drill like instrument, or a sharp knife to drill through the skull.

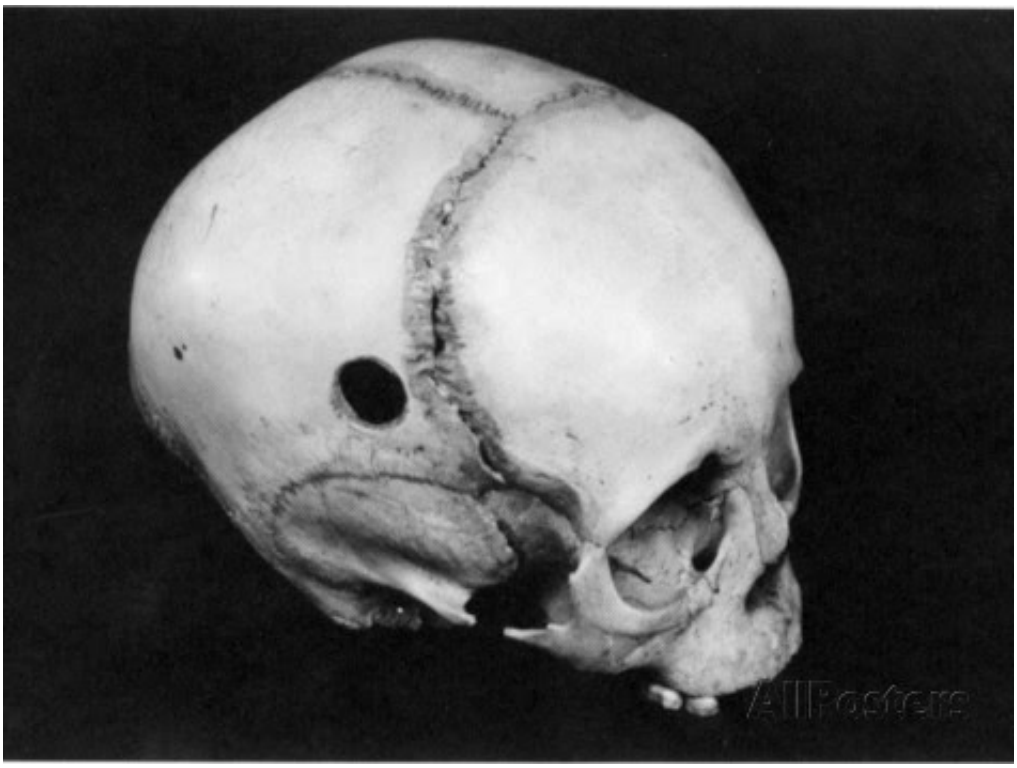
Interestingly enough, the mortality rate increased when metal tools began to be available. Freshly knapped stone tools were sterile, while even with washing the metal tools retained bacteria. During the pre-Columbian period a poultice of the bark of the calabash tree and saliva helped to prevent infections. It was then a long time before antibiotics.

Inca skulls show evidence of the use of a knife to cut and then scrape the skull away as seen in the drawing below.



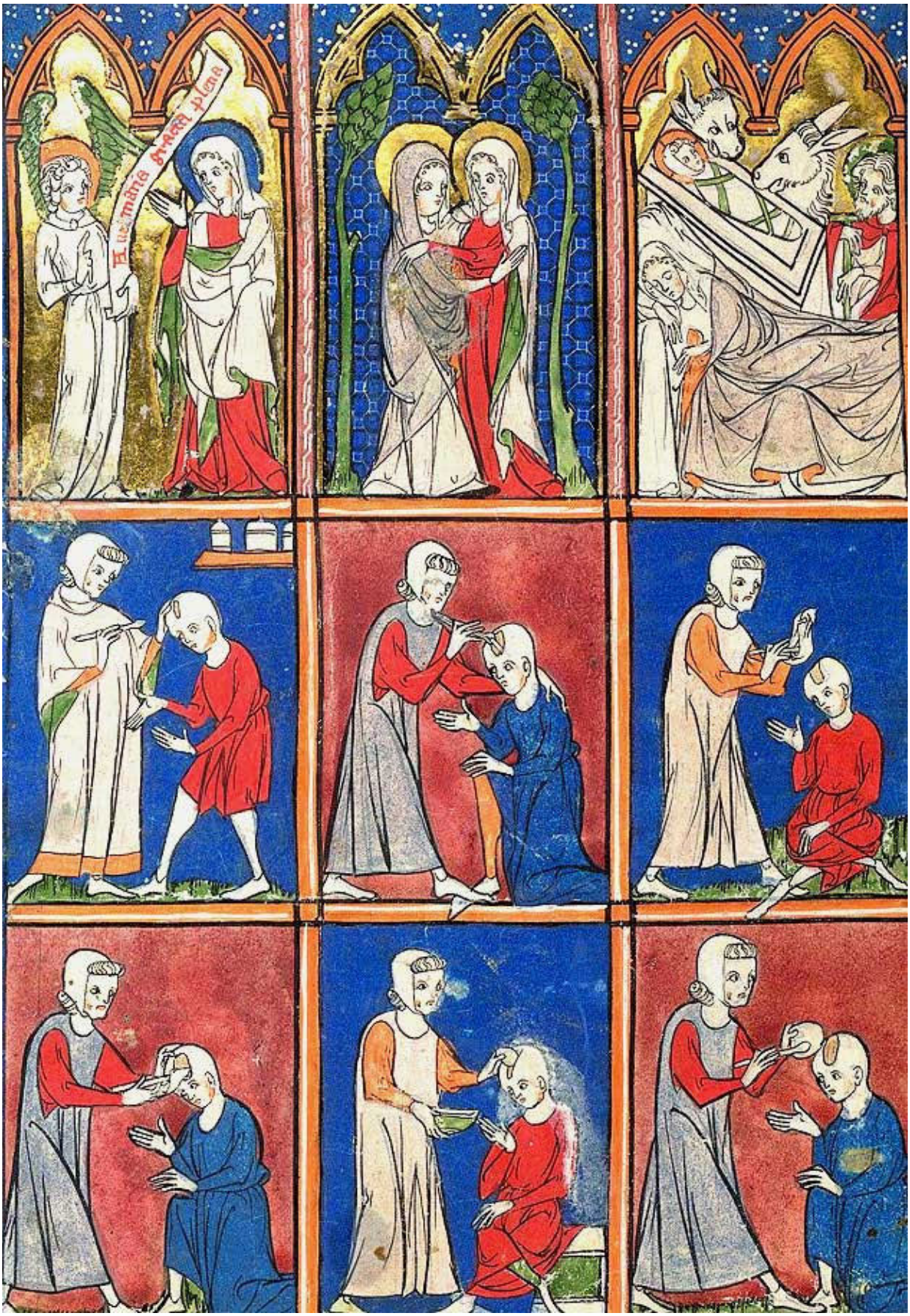
An Inca skull

The photo below shows a skull trepanned with a drill. The smoothing of the hole is a sign that the patient lived for some time after the surgery.



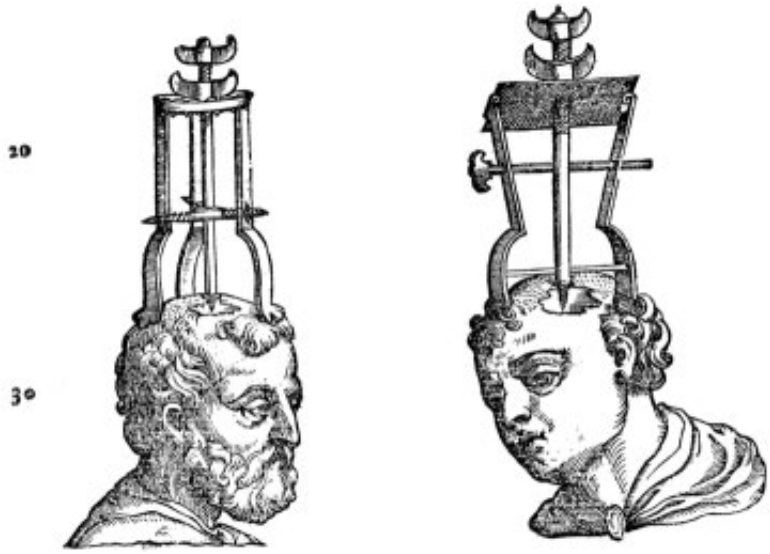
A trepanned skull

Paintings and drawings from the Middle Ages are proof that trephanation was performed during that time. The series of paintings below, dated c. 1300, show the grisly process.



Hieronymous Bosch painted this version (1494) of the surgery taking place out in a field. (I love the surgeon's funnel hat, and the woman observer balancing a book on her head. Leave it to Hieronymous Bosch!)

A 1573 drawing shows some of the trephines used. (I hope these is not what my surgeon used!)



This sixteenth-century woodcut shows the unsanitary conditions of the surgery. Notice the cat catching a rat in the bottom right corner.

Fig. 4. A 16th-century woodcut of a trephination in the home. Note the man warming a cloth dressing, the woman praying, and the cat catching a rat (20).

In conclusion, whether for the release of demons or for truly medical reasons, trephanation was a widely used surgery with survival for the lucky patients. Personally I am really glad to have been completely knocked out during my surgery. The recovery has been traumatic enough.

Bibliography

'Trepanation.' http://www.altmd.com/Articles/Trepanation--Encyclopedia-of-Alternative-Medicine (accessed July, 2014).

'Trephination, an Ancient Surgery.' http://www.uic.edu/classes/osci/osci590/13_3%20Trephination%20An%20Ancient%20Surgery.htm (accessed July, 2014).

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